

Merry COVID Christmas

Thank you to everyone who has donated to Silver Threads Service and our Annual Fundraising Campaign. We have had the best year of giving so far in our history! The generosity and support means so much and will help us get through these challenging times. And it is still not too late to donation! Remember donations received by December 31st will be issued a tax receipt for filing with your 2020 tax return.

As many of you are aware COVID-19 Provincial directives have resulted in suspension of our physical group activities. We are waiting on new guidelines and once we receive these we will review carefully and make sure we are able to comply prior to starting up again. So until we can gather for classes you might want to find other ways to stay active, maybe try some of the exercises at home or go for a walk. Or not. December is going to be a strange month for all of us so be good to yourselves, remember to breathe and practice good self-care. If self-care includes shortbread and egg nog so be it. Just stay away from the fruit cake. That stuff just can't be good for anyone, but that is my personal opinion.

On page 2 we have included information on the Walking in a Winter Wonderland Event. The Christmas Dinner is a favourite event for all of us and our event-starved staff wanted to bring that good feeling and turkey dinners to folks at a small, physically distanced event. We thought a walk through one afternoon to pick up a dinner and treats would be a safe replacement to the sit down dinner. But we are waiting to closer to December 18th to confirm. While we wait to make sure we can do this know that we will have turkey dinners available in some way. At the very least we will provide frozen dinners for an easy Christmas. Think about it – no need for a big grocery shop, no cooking, no cleaning. Please call the Saanich Centre and leave your name if you are interested and we will let you know how it unfolds.

As we look with hope towards a new year, we will do what we need to do now so that we bend the curve to get COVID under control. This Christmas we'll keep it safe, small and simple! Maybe next year will be the year you can do it your way and if your way is reckless, big and complicated let me know, that could be interesting!

Happy Holidays,
Tracy Ryan,
Executive Director

“When we recall Christmas past, we usually find that the simplest things - not the great occasions - give off the greatest glow of happiness.”

Bob Hope



I can't wait for this to pass, so I can return to “social distancing” on my own terms.

COVID-19 Safety Plan

Silver Threads Service has a Safety Plan in place that follows guidelines from Worksafe BC, Ministry of Health, local Health Authorities and BC Recreation and Parks Association.

In keeping with Provincial Guidelines face coverings or masks are now mandatory at our Centres. If you do not have one check in with us at the Reception Desk and we will provide you with a disposable mask. Continued on page 3.

Walking in a Winter Wonderland

This event is subject to change and is dependent on Provincial Guidelines.

Silver Threads will be hosting a COVID-safe walk through Christmas Dinner at the Saanich Centre for you to pick up a takeaway Turkey Dinner and all the trimmings to enjoy at home. You will take a physically distance stroll through the festive Centre, wave at Santa from afar, hear some music and see some dancing, and maybe win a prize. Face masks will be required for this event and Santa hats are optional.

Date: Friday, December 18th

Time: Your 30-minute visit and dinner pick up will be scheduled with a timed entry starting at 1:00pm

Cost: \$10 members \$15 non-members.

Please call the Saanich Centre and get on the interest list 250 382-3151.
We will keep you posted.

Memory PLUS Programs

(Practice, Laughter, Useful Strategies)

We hope one day soon we will be able to offer the Memory PLUS Program, for now here is a little puzzle to get you thinking.

Find the linking word quiz

Find the middle word that links the two words.

EG: Double (Cross) Country, Spring (Onions) Rings

- | | |
|---------------------------|-------------------------|
| 1. Bulletin _____ Game | 6. Wicked _____ Doctor |
| 2. Mickey _____ Trap | 7. Alarm _____ Tower |
| 3. Roast _____ Wellington | 8. Picnic _____ Manners |
| 4. Fountain _____ Pal | 9. Banana _____ Ends |
| 5. Mountain _____ Rover | 10. Square _____ Beer |

Answers: 1. Board, 2. Mouse, 3. Beef, 4. Pen, 5. Range, 6. Witch, 7. Clock, 8. Table, 9. Split, 10. Root

New January 2021 Programs

The following new Programs are planned for January 2021 and will run if it is safe to do so and are in keeping with all Provincial Safety Protocols.

Saanich Centre

Zumba Gold

Is an exercise program using the rhythm and movements of Latin dance. It involves low-intensity, easy-to-follow choreography that focuses on balance, range of motion and coordination.

Date: Fridays, January 8 to January 29, 2021

Time: 1:30 pm to 2:30 pm

Cost: 4-sessions: \$37.80 (members), \$54.60 (non-members), includes GST

Instructor: Isabel Arias-Santos

Victoria Centre

Living Life to the Full

Is an 8-week program offered in partnership with the Canadian Mental Health Association, you will be taught strategies to deal with feelings when you feel fed up, worried or hopeless. Using Cognitive Behavioral Principles, participants will learn how to reverse negative habits and develop new processes to rebuild happiness — important skills to practice and build in these uncertain times.



Date: Thursdays, January 14th to March 4th 2021

Time: 1:30 pm to 3:00 pm

Top 10 Christmas Movies

How many of these movies have you seen?

Top 10 Christmas Movies

1. It's a Wonderful Life
2. Die Hard
3. A Christmas Carol
4. Rudolph the Red Nosed Reindeer
5. National Lampoon's Christmas Vacation
6. Home Alone
7. A Christmas Story
8. Miracle on 34th Street
9. Scrooged
10. Elf



The United Way is hosting the **Sip & Sparkle Soirée** fundraiser to raise funds for the More than Meals Program. The virtual event will be held on: **Wednesday, December 9, 5:30 to 7:00 pm via Zoom**

Ticket price: \$50. Group price for your safe six: \$250 for 6 tickets

For more information and to buy your tickets visit: <https://uwgv.ca/sparkle/>

COVID Safety Plan

As of November 27th, 2020

- A limited number of programs will be offered in order to manage group size in the Centres.
- Activities have been assessed to ensure they are conducive to all health protocols of physical distancing requirements, safety and are scheduled to allow adequate cleaning of rooms and equipment between classes.
- All programs must be pre-booked by phoning in advance to reserve your spot. We ask you to arrive close to the designated time to avoid congregating.
- We encourage advance payment by phone - purchasing a punch card avoids cash handling.
- When you arrive at the Centres please use the hand sanitizer provided upon entering (and exiting) and wear your face covering or mask.
- If you are bringing in your own equipment, please sanitize it as well.

Check in with the Reception Desk. You will be signed in for your program.

- When you are in the centre and your program area please follow all directional signage and maintain 2-metre physical distance.
- While in programs we encourage wearing a mask.
- Your name and contact information will be kept on a daily log in case we need to get in contact if there is a COVID related illness reported.
- As well, we will ask you COVID-19 related Health questions prior to admission to the centres. Entrance to the facilities will be denied if anyone has symptoms that are related to COVID-19 or refusal to wear a face covering or mask.

Thank you for your cooperation and understanding. We want to make sure that we all come through this.

Know that we will.

Victoria Computer Club

riding the technology wave

since 1983

Tip of the month: Seasonal online safety

COVID-19 is still with us and we depend even more on our technology for many ways to shop online at this time of year rather than going out in the crowds at malls. Some of us may prefer to order our groceries online from local stores, or your family may order for you and have food sent to your house. To stay safe, here are some tips: Ensure https:// is at the beginning of the website - this ensures the site is secure and look for a padlock that is locked ensuring another secure measure

Use a credit card that isn't your only credit card in case you get compromised. Review your credit card account online to ensure charges aren't made that you are unaware of. Don't save your credit card number on websites.

Don't give your credit card number out over the phone unless you are sure this company is legitimate

Shop with trusted online retailers

Use strong/complex passwords and change them regularly
The library of Silver Threads that we meet in is closed, but you are still welcome to join the Victoria Computer club for help and learning online in these trying times using Zoom. Check out our website at

VictoriaComputerClub.org/ or email us at

VictoriaComputerClub@gmail.com

December Centre Hours

Victoria Centre

We will be closed from Monday, December 21st to
Monday, January 4th, 2021.

Saanich Centre

We will be closed from 1:00pm on Thursday, December
24th to Monday, January 4th, 2021.

Seniors Serving Seniors

Seniors Serving Seniors is a charitable society that supports the well-being of seniors. The organization operates out of the Victoria Silver Threads Centre at 1911 Quadra Street

Seniors
Serving
Seniors

Cos I Got a Peaceful Easy Feeling

Yes, I am quoting the Eagles on peace even though this year has been rife with challenging events and feelings. The funny thing is this year has also brought me peace. How can that be you may ask? It wasn't an easy task, it took an intentional pandemic to focus on things to be grateful for; and that brought me some inner peace. I have so much gratitude for the SSS team. As a new member navigating a wild ride of a year I cannot express enough my gratitude to this exceptional group of dedicated, committed staff, past Executive Directors and ten Board of Directors. Our volunteers have traversed the changes and stress of 2020 alongside us every step of the way as we navigated how to continue supporting our community.

Thank you to our Funders for their generosity, understanding and support. This includes Island Health, United Way Greater Victoria, TELUS, Help Age Canada, Victoria Foundation, BC Gaming, Thrifty's Smile Card and private donors.

Our new partnership with Silver Threads is built on collaboration and we are grateful for the support and humour as we worked through this years' events together.

My wish for you this solstice/holiday season is much peace, joy and laughter.

Vicki Pilot,

Executive Director

Call 250 413-3211 for more information for more information on this or any of our services.

Silver Threads Service Staff

Tracy Ryan Executive Director

Anne Nelson Saanich Centre Director

Ro Fife Saanich Centre Assistant

Amaiah Paradine Program Coordinator

Sandy Firth Bookkeeper

Donene Eve Food Services Coordinator

Kim Davidson Program Assistant

For general inquiries please email:

inquiries@silverthreads.ca

Silver Threads Service Locations

Saanich Centre

286 Hampton Road

Victoria, BC V8Z 1H1

Phone: 250 382-3151

Victoria Centre

1911 Quadra Street

Victoria, BC V8T 4C1

Phone: 250 388-4268

Our Mission

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

stay active • stay healthy • stay connected

